

# MAPLE STREET

Monthly

ELLINGTON SENIOR CENTER NEWS & ACTIVITIES, NOV/DEC 2015

## MISSION STATEMENT:

"The Ellington Senior Center is a place that provides an environment for an individual age 60 years and over to enhance a healthy lifestyle that maintains independence, dignity, self respect and productivity through participation in recreational, social, educational, informational and healthy activities and programs."

## ELLINGTON SENIOR CENTER:

40 Maple St., P.O. Box 187, Ellington, CT 06029

Main Line: 860-870-3133

Transportation Line: 860-870-3137

## EMAIL:

egraziani@ellington-ct.gov

## WEBSITE:

<http://seniorcenter.ellington-ct.gov>

## REGULAR HOURS OF OPERATION:

Monday	8:30 am - 6 pm
Tuesday-Thursday	8:30 am - 4 pm
Friday	8:30 am - 1:30 pm
Saturday-Sunday	Closed



## Thanksgiving Dinner

Thursday, November 19

12:30 pm – Dinner

1 pm – Entertainment

Tickets: \$12 per person, in advance by November 12

A traditional New England Thanksgiving Dinner: Turkey, Mashed Potatoes, Stuffing, Squash, Pie and Beverage, followed by entertainment. Ellen Iovino, vocals, and Veronica Craig, guitar, perform popular, folk and country music from the 30s through the 70s.

## Holiday Party & Luncheon

Wednesday, December 2, 12:30 pm

\$15.00 per person

Please join us for our Holiday Party Luncheon with Special Guest Entertainment, "Airborne". The menu consists of: Pot Roast & Gravy, Oven Roasted Potatoes, Carrots & Pearl Onions, Dessert and Beverage. Dinner will be served at 12:30 pm, followed by entertainment at 1 pm.



Reservations must be made and paid in advance by Nov. 24th.

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and cares about **your** family?

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# 2 About Us

## NOTE FROM THE DIRECTOR:

This edition is filled with Holiday Celebrations! Join us first for Thanksgiving Dinner Luncheon on November 19th and then again on December 2nd for our Holiday Luncheon. See details inside of this newsletter for both events.

We are fortunate to have Carol Nelson with us, an intern from a local college, until mid-December. One of the tasks she has been assigned is to help folks register onto the Everbridge Resident Alert System. She is available to assist you on properly signing in to the program and will be taking appointments up until December 9th. Call 860-870-3133 to schedule an appointment.

Please be mindful that with the winter weather approaching the Senior Center follows the same schedule as the Ellington Public School system for closing, delays and early dismissals. Please stay tuned to your local TV stations for updates.

Sincerely,

*Erin R. Graziani, Director*

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**Monthly Senior Center Policy Reminder:**  
Parking in crosswalks is prohibited. Please do not obstruct walkways. Thank you.

## OUR STAFF:

The Senior Center is staffed by a full-time Director, full-time Assistant Director, three part-time drivers and two part-time Transportation Secretaries, two part-time Custodians and a part-time bookkeeper.

Erin Graziani – Director  
Samantha Baer – Assistant Director  
Mike Joslin – Lead Driver  
Patrick Joyce – Driver  
Ken McCarthy – Driver  
Florence Brennan – Transportation Secretary  
Jasbir Jutla – Transportation Secretary  
Linda Sika – Secretary, S.C.E.P.\*  
Joe Amodio – Custodian  
Claire Rich – Custodian  
Sue Maheux - Bookkeeper

In addition, we have over 40 Volunteers who help with special programs and assist with receptionist duties.

*\*S.C.E.P.: Easter Seals Capital Region & Eastern CT – Senior Community Service Employment Program*

## REGISTRATION & PAYMENT INFORMATION: MEMBERSHIP

A completed Annual Registration Form is required for membership at the Ellington Senior Center. Currently, there is no membership fee to join; however, certain programs may require payment and/or pre-registration. Residents from other towns are welcome at the Ellington Senior Center, but precedence is given to Ellington residents.

## PROGRAM REGISTRATION

Some programs require pre-registration and will be stated as such in the description. Reasons for this include limited space or ensuring adequate supplies are available. Often times, the fee includes materials that may need to be purchased in advance, or payment of an instructor.

## INSTRUCTOR PAYMENTS

Payment, if applicable, is due upon signup, along with a completed “Program Registration Form” for each separate program. This is your receipt. Some programs require payment for a full session, while others accept walk-ins. Class dates are clearly noted in the case of a session where walk-ins are not permitted. Note: Some classes are run by paid instructors and some are run by volunteers. This determines whether walk-ins are permitted or not. There may also be cases where a minimum number of participants are required for the program to run. If the minimum number has not been met, the class will be cancelled, any payments will be refunded.

## VOLUNTEER PROGRAM LEADERS: “VPLs”

The Ellington Senior Center is fortunate to have several individuals who volunteer to make our programs possible. Thanks to these “Volunteer Program Leaders” (VPL’s) we are able to offer many programs at little or no cost. When looking at the programs listed inside this newsletter, take note of the number of these programs that are led by those “VPL’s”. Amazing!  
Thank you volunteers!



## CANCELLATIONS & IMPORTANT WEATHER REMINDERS:

Stay tuned to Channels 3, 8 and 30 for closings due to weather. If the Ellington schools are closed or delayed, so is the senior center.

## DELAYED OPENINGS:

1 hour	9:30 am
90 minutes	10 am
2 hour	10:30 am

## EARLY DISMISSAL:

All evening programs and activities are cancelled.

## CANCELLATIONS:

In the event a program is cancelled, we will do our best to inform you via our regular attendance and sign-up sheets. If you do not sign up for a program, but plan to attend, note that we will be unable to contact you. Please be sure to sign up at least 1 week in advance for all programs, unless otherwise noted.

# November / December Schedule Of Programs

(Schedule subject to change)

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MONDAYS 8:30 AM - 6 PM		
10 am-1 pm	Chess Mates	ACTIVITIES ROOM
11-11:45 am	Chair Yoga	MULTIPURPOSE ROOM
12:30-1 pm	Line Dancing – Beginners	MULTIPURPOSE ROOM
12:30-3:45 pm	Billiard Tournament	GAME ROOM
1-2:15 pm	Line Dancing – Intermediate & Fun	MULTIPURPOSE ROOM
1-3 pm	** 1:1 Computer Training with Bill (By appt)	TECHNOLOGY CENTER
1-3 pm	Needle Crafts	ARTS & CRAFTS ROOM
3-4:30 pm	Musical Insights (see schedule)	ACTIVITIES ROOM
3 pm	Meditation	

TUESDAYS 8:30 AM - 4 PM		
9 am-12 pm	Bridge	ACTIVITIES ROOM
10 am	<b>NEW!</b> Doodling 101	ARTS & CRAFTS ROOM
10-10:45 am	** Chair Exercises	MULTIPURPOSE ROOM
11-11:45 am	** Simple Circuit Fitness for Active Adults	MULTIPURPOSE ROOM
12:30-2 pm	Blood Pressure & Diabetic Screening (11/10 & 12/8)	HEALTH ROOM
1-4 pm	Dominoes	ACTIVITIES ROOM
1-2:15 pm	** German Class (See schedule)	ACTIVITIES ROOM
6:30-9 pm	Setback	ACTIVITIES ROOM

WEDNESDAYS 8:30 AM - 4 PM		
9 am-3 pm	*** Podiatry Clinic (12/2)	HEALTH CENTER
9-10 am	Ellington Men’s Club (11/18, 12/2 & 12/16)	ACTIVITIES ROOM
10 am-12 pm	** Ellington Singers	MULTIPURPOSE ROOM
9:30 am-12 pm	Cut Ups Carving Club	ARTS & CRAFTS ROOM
9:30 am	** Hand Massage (See schedule)	HEALTH ROOM
1-3 pm	** 1:1 Computer Training with Bill (By appt)	TECHNOLOGY CENTER
2-3:30 pm	Shuffleboard	GREAT ROOM
2:30-3:30 pm	<b>NEW!</b> Yoga	ACTIVITIES ROOM

THURSDAYS 8:30 AM - 4 PM		
9:30-11:45 am	Sew and So	ARTS & CRAFTS ROOM
10 – 10:45 am	** Chair Exercise Class	MULTIPURPOSE ROOM
11-11:45 am	** Simple Circuit Exercise for Active Adults	MULTIPURPOSE ROOM
12:30-3:45 pm	Billiard Tournament	GAME ROOM
1-2:30 pm	Memories & Creative Writing (11/19, 2 pm) 12/17	CONFERENCE ROOM
1-1:30 pm	Ballroom Dancing – Beginners	MULTIPURPOSE ROOM
1:30 pm	Better Age Club (See schedule)	SEE SCHEDULE
1:30-2:30 pm	Ballroom Dancing – Intermediate & Just for Fun	MULTIPURPOSE ROOM
2:30-3 pm	Polka & Fun Dancing	MULTIPURPOSE ROOM
2-3:30 pm	<b>NEW!</b> Caregivers Support Group (1st Thursday of the month)	ACTIVITIES ROOM

FRIDAYS 8:30 AM - 1:30 PM		
9 am-12 pm	Wii Bowling	GREAT ROOM
10 am	Parkinson’s Support Group (11/20, 12/18)	ARTS & CRAFTS ROOM
11 am-12 pm	** Tai Chi	MULTIPURPOSE ROOM
10 am	Movie Time (11/13 & 11/20 & 12/18)	ACTIVITIES ROOM

## PROGRAM REGISTRATION & PAYMENT INFORMATION:

All program participants must have a current “Registration Form” (aka waiver) on file. A separate “Program Registration Form” must be submitted for each program prior to the start of a new session for classes requiring payment, or are limited in space. Partial payments are not accepted, unless specified otherwise.

Registrations will be accepted on a first come, first serve basis. Preference will be given to Ellington residents.

A completed PAR-Q must be on file for all fitness classes, where indicated.

**IMPORTANT:** All payments for programs are non-refundable, and make-up classes are not permitted, unless the senior center cancels. All forms can be found in our Information Center and online at: [www.seniorcenter.ellington-ct.gov](http://www.seniorcenter.ellington-ct.gov)

Schedule Subject to Change – Detailed information on all programs and special events can be found in the Info Center and on our website.

\*\* Denotes program fee and/or pre-registration required  
\* Denotes Non-Senior Center Sponsored Activity



## ARTS & CRAFTS PROGRAMS



### Cut-ups Carving Club

**VPL's:** Ed Ertel,  
Randy Russo  
**Wednesdays, 9:30 am-12 pm**  
**Fee: Nominal**

Bring your own woodcarving project or work on one with the group. Carvers of all levels are welcome to join this wonderful group.



### Doodling 101

**Tuesdays**  
**10 am**  
**FREE**

Coloring is not an activity dedicated only for children; on the contrary, adults can also have fun with coloring pages. This activity is recognized for these relaxing virtues and is practiced for centuries, especially with Mandalas. We will have a limited supply of colored pencils, but will provide a variety of drawing sheets. Feel free to bring your own drawing sheets or other coloring mediums.

**NEW**

### Needle Crafts

**VPL:** Carolyn Feldman  
**Mondays, 1-3 pm**  
**FREE**

Join this group for knitting, crocheting, cross-stitching, embroidery, needlepoint and more! Feel free to work on your own project or work on one with the group. All levels are welcome, from beginner to advanced! Bring your own tools and materials.



### Oil Painting & Water Color Instruction

**Instructor:** Lynette Goric  
**10 am-12 pm**  
**Fee: \$120 for 6 week session:**  
**Next Class Dates TBA**  
*Class Minimum of 4 Required.*

Enjoy oil or water painting with impressionistic artist Lynette Goric. Lynette demonstrates to her students the joy of capturing the essence of nature in Landscapes and Florals. A member of the Connecticut Watercolor Society, her work can be seen in galleries and many public facilities. Come join us to experience the satisfaction and freedom of being creative. Painters of all levels are welcome!

### Sew & So Crafts

**VPL:** Carolyn Cook  
**Thursdays, 9:30-11:30 am**  
**FREE**

Come enjoy a little bit of this and a little bit of that! This group is all hands-on and suggestions are welcome for ideas of projects to make. Many of the items made in this group are sold at the annual Holiday Bazaar in November.



## CARDS & GAMES

### Bridge

**VPL's:** Rosemary Malatesta &  
Pat Szemplinski  
**Tuesdays, 9 am-12 pm**  
**FREE**

Join this group for some good competitive fun! Pat and Rosemary are wonderful hostesses in one of the world's most popular card game.



### Dominoes

**VPL:** June Lyons  
**Tuesdays, 1-4 pm**  
**FREE**

This is a fun, laid-back game for all and a wonderful way to make new friends! New players are always welcome – and all participants are willing to instruct beginners!



### Ellington Chess Mates

**VPL:** Alex Cardoni  
**Mondays, 10 am-1 pm**  
**FREE**

The group is always looking for new players – all abilities are welcome! We also have a large outdoor set we can setup, with notice ahead of time. Just call and let us know when you will be in and we will be glad to have it ready for you with advanced notice!

## Advertising Space Is Available

**Please Contact:**  
**SANDRA LEE MARELLA**  
Account Executive

860-646-0500 EXT 266  
jiads@journalinquirer.com

FAX 860-643-1180  
smarella@journalinquirer.com

# Journal Inquirer

# Activities, Classes & Programs

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## Open Billiards

**Mondays, 9 am-5 pm**

**Tuesdays-Thursdays, 9 am-3:45 pm**

**Fridays, 9 am-1:15 pm**

Billiards are generally open to the public during these hours; however, they may be adjusted during tournament play and other scheduled events.



## Setback

**VPLs: Dave Lehmann, Angie Sandberg**

**Tuesdays, 6:30-9 pm**

**FREE**

Also known as Pitch, teams compete to obtain the high, low and jack of the trump suit and the most game points. This large group of players has a lot of fun!

## Shuffleboard

**VPL: Ray Temple**

**Wednesdays, 2-3:30 pm**

**FREE**

Join us on our new indoor shuffleboard as we launch pucks down the court! This welcoming group of individuals is open to instructing beginners who enjoy friendly competition and a good time!



## Wii Bowling

**VPL: Dennis Varney and Basil Gallant**

**Fridays, 9 am-12 pm**

**FREE**

Laugh as balls are accidentally dropped or thrown in the gutter, all in an attempt to score a virtual STRIKE! Players' scores are calculated and top players are acknowledged weekly.

## LANGUAGE ARTS

### Memories & Creative Writing

**VPL: Patricia Stoughton**

**Thursdays, 1-2:30 pm**

**November 19, 2 pm**

**December 17, 2 pm**

**FREE**

What began as a creative outlet for members to write their memoirs has evolved into a diverse group involved in many forms of writing. Creative, short stories, poetry and song writing are some of the forms that have emerged. No piece is too big or too small to share with the group. All open-minded individuals are welcome to join and share in the therapeutic value of writing. You will be called if a cancellation is necessary, of if in doubt, call Ellington Senior Center at 860-870-3133.

## Learn German. Lernen Deutsch.

### "Basic Conversational German"

**VPL Willi Frederich**

**Tuesdays, 1-2:15 pm**

**11/10, 11/17, 11/24, 12/1 12/8, 12/15**

**Sorry – this class is full. If you would like to be placed on a wait list for future classes, please let us know at the front desk.**

**FREE**

Have you wanted to learn a new language? Now is your chance! Willi Frederich has volunteered to teach this class this fall and is looking for "committed" students who would aim to attend class weekly. Class will consist of learning the German alphabet and reading.



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MUSIC



**Ellington Singers**  
Director: Barbara Caramante  
VPL: Maureen Webber  
Wednesdays, 10 am-12 pm  
September-April  
Fee: \$ 30.00 Annually

We welcome back the Ellington Singers on September 9! If you are thinking of joining, they are always looking for some new voices. The group generally sing weekly with special performances at local nursing homes and rehab centers during the holiday season. They culminate the year with a grand Spring Musicale in April.

**Musical Insights**  
VPL: Patricia Stoughton  
2<sup>nd</sup> & 4<sup>th</sup> Mondays  
3-4:30 pm  
FREE  
• November 9: 3-4:30 pm  
**Veteran's Program**  
Presenter: Pat Stoughton & Associates

This is an Ellington Center Tradition! Guests include ex-service groups, speaker and VFW.  
• November 23: 3-4:30 pm  
**A Youth Potpourri "A Newer revival"**  
Presenter: Madilyn Baer, a vocal and piano artist  
• December 14: 3-4:30pm  
**Program: "Year of Revivals"**

A presentation of Verdi's La Traviata, an opera with festive tinkling and sparkle;  
Highlighted with "Our Traditional Wassail Bowl" – a revival of 18 years of Friendship and Good Health. Come, share our memories. Not to be missed!  
**No programs January/February**

OUTDOORS



**Ellington Senior Center Co-Ed Golf League**  
VPL: Ferris Bromley  
See you in the spring!

**Garden Thyme**  
VPL: Norine Veal  
See you in the spring!  
Norine S. Veal  
Master Gardener Volunteer  
1999 University of Maine  
860-896-1910



**Weekday Walking Club**  
VPL: Lillian "Toni" Finkle  
See you in the spring!  
FREE  
In 2015 the group as a whole walked an amazing 359 miles, 93 hours and 547,476 steps! That's the distance from Ellington to Washington D.C.! As the weather in New England does its thing, the Walking Club will be meeting informally during the winter months and will resume in the spring.  
**PAR-Q FORM IS REQUIRED.**

SOCIAL GROUPS

**Better Age Club**  
Tuesday, November 10  
Special Guests: Fiddlers  
Time: 1 pm  
Location: Multipurpose Room  
RSVP to Sandi Orsini  
December 10  
Program: Sing-a-Long Celebration  
Time: 2-3:30pm  
Location: Great Room  
For more information, contact Sandi Orsini, President: 860-454-7259.

**Ellington Men's Club**  
VPL's:  
Ferris Bromley: ferris.bromley@raveis.com 860-638-9813  
Morris Webber: morrishaus1@gmail.com 860-875-2613  
Wednesday (First & Third) 9 am-10 am  
November 4: TBA  
November 18: State of CT Corrections Canines  
Call or email Ferris or Morris for details



TECHNOLOGY CLASSES

**1:1 Computer Help with Bill**  
VPL: Bill Correia  
Mondays, Tuesdays & Wednesdays  
By appointment only  
1-3 pm  
FREE  
Pre-Registration Required  
A self-described "Computer Geek," Bill loves to help people understand the technology they own. If you have a laptop, tablet or something electronic you aren't quite sure how to use, bring it to Bill and he will work with you to help you better understand it. Please call or see the receptionist to reserve a 30-60 minute time slot.

Winter Wordsearch

K	N	A	M	W	O	N	S	T	N	X	O	T	F	E
K	O	W	I	N	T	E	R	E	C	O	C	O	A	L
P	I	C	I	C	L	E	I	Z	R	R	R	B	K	G
C	H	M	B	W	M	I	T	T	E	N	S	M	W	I
H	S	G	H	W	S	Z	I	W	D	Y	F	E	A	L
T	G	H	Q	R	A	K	E	N	E	Z	O	R	F	A
O	L	X	O	D	S	S	P	R	U	C	E	I	S	U
B	O	J	E	V	C	A	R	D	I	N	A	L	N	A
O	V	R	N	L	E	B	G	O	T	A	H	I	O	R
G	E	T	C	H	I	L	L	Y	G	Z	O	M	W	D
G	S	P	C	D	O	K	T	Z	G	Q	L	K	F	B
A	C	T	S	K	A	T	E	X	S	C	L	D	L	S
N	I	Z	M	M	Y	W	F	E	X	D	Y	E	A	H
C	W	N	L	U	T	G	Y	N	S	O	A	L	K	B
S	D	O	Q	V	L	Q	K	H	W	M	Q	S	E	A

WINTER  
SNOWFLAKE  
SNOWMAN  
ICICLE  
SPRUCE  
HOLLY  
CARDINAL  
FROZEN  
BRRR  
CHILLY  
SLED  
GLOVES  
HAT  
SKATE  
SKI  
TOBOGGAN  
COCOA  
SHOVEL  
MITTENS



# Fitness, Health & Wellness Programs

# 7

## HEALTH & FITNESS PROGRAMS

### Ballroom/Polka Dancing

VPL: Amelia Kurpat

Thursdays

FREE

### Ballroom Beginners:

1-1:30 pm

### Intermediate & just for fun:

1:30-2:30 pm

Come join these classes that emphasize the fun in dancing. Have 2 left feet? It doesn't matter. Come and we will make them right!! Partners & Singles welcome.

*PAR-Q FORM IS REQUIRED*

### Polka & Fun Dancing:

Thursdays

2:30-3 pm

FREE

Partners & singles are welcome to come and dance to a variety of music. Bring your favorite dancing shoes.

*PAR-Q FORM IS REQUIRED*

### Chair Exercise Class

Instructor: Linda Stein

Tuesdays

10-10:45 am

Walk-in Rates: Residents: \$4.00

Non-Residents: \$5.00

Thursdays

10-10:45 am

Walk-in Rates: Residents: \$4.00

Non-Residents: \$5.00

Linda Stein is an Ellington resident who is a certified fitness instructor. She is a past Silver Sneakers instructor and has received training with the Arthritis Foundation. All classes will be adapted to meet the participants' needs.

*PAR-Q FORM IS REQUIRED.*

### Chair Yoga

Instructor: Christine Olmstead

Mondays 11:00-11:45 am

Residents: \$4.00 walk-in

Non-Residents: \$5.00

*Pay at the front desk*

In a chair Yoga class students participate in a full range of yoga postures, breathing exercises and relaxation and meditation practices. The classes are calming, relaxing and rejuvenating for the body. Anybody is welcome to attend a Chair Yoga class but they are especially suited for older adults and anybody dealing with an injury or illness that causes decreased mobility or pain in the body. It is a gentle class that incorporates healthy movement to keep the muscles, bones and joints of the body healthy and strong.

*PAR-Q FORM IS REQUIRED*

### Line Dancing

VPL: Amelia Kurpat

Mondays

FREE

Beginners:

12:30-1 pm

Regulars:

1-2:15 pm

The beginner class is for those who have never danced, and for those who would like some extra help and review. The intermediate class will cover the following dances: All Star Shuffle, Bootscootin Boogie, Cab Driver, Charleston, Circle Waltz, Elvira, Flying, Harbor Lights, House with no Curtains, I'm Alive, Little Rumba, Jamaican Triple Step, Polka Hustle, San Antonio Stroll, 2-Line Waltz, Smooth, Waltz Across Texas, Amelia's 5-Position Charleston.

*PAR-Q FORM IS REQUIRED.*

### Simple Circuit Fitness "Exercise for Active Adults"

Instructor: Linda Stein

Tuesdays And Thursdays

11-11:45 am

Residents: \$7/class walk-in

Non-Residents: \$8/class walk-in

*Payable to the instructor*

**Note: Discount available for advanced payment**

**and multiple sessions - see instructor.**

In this class you will focus on strength training and balance. A variety of props are involved, including hand weights, elastic

bands and balance balls. Participants are asked to bring their own equipment. Dress comfortably and bring a water bottle.

*PAR-Q FORM IS REQUIRED.*



## Take us with you!

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Internet-only subscriptions to the JI are available for:  
\$1 per day  
\$24.70 per month  
\$74.10 for three months

## Journal Inquirer



## Tai Chi & Qi Gong

Instructor: Roberta Villanova  
Fridays

11 am-12 pm

Due to New England winter weather, all classes November through February will be paid on a per class basis at the discounted session rate. Regular session rates will resume in March.

(NOTE: No class 11/6, 11/27)

Residents: \$5.00 walk-in

Non-Residents: \$6.00 walk-in

*Pay at the front desk*

Roberta is an AAAI & ISMA certified Tai Chi instructor. She has studied with Master Malee Khow and others. We practice to relaxing music, do warm up stretching and balancing exercises before doing Qi Gong and Tai Chi. These exercises can also be modified for those sitting in a chair. Comfortable clothing, appropriate footwear (sneakers) and water are suggested.

**PAR-Q FORM IS REQUIRED.**

(NOTE: no class 11/11, 11/25)

Residents: \$6.00 walk-in  
Non-Residents \$7 walk-in

*Pay at the front desk*

Christine has been practicing yoga since 2007 and has taught in a variety of settings including, fitness centers, yoga studios and personal instruction. Please dress comfortably and bring a yoga mat and a towel with you to class. Make-up classes are not permitted unless the senior center cancels.

**PAR-Q FORM IS REQUIRED.**

## MONTHLY HEALTH & WELLNESS PROGRAMS



## Blood Pressure & Diabetic Screening

Tuesdays

December 8

12:30-2 pm

**FREE**

**Walk-in**

Screenings are offered by Visiting Nurse & Health Services of CT. Weights are also taken, on request.



## Hand Massage

VPL: Cheryl Kenton

Second Wednesday of the month  
9:30 am

November 11 **CLOSED**

December 9

**FREE**

*Pre-registration is required*

Pop in to the health room on the second Wednesday of the month for a nice relaxing hand massage with some wonderfully scented oils and lotions.

*Please call ahead if you plan to come.*



## Podiatry Clinic

December 2

(fee applies)

For additional information, or to schedule an appointment, call Rita Vigneau at 860-742-1102.

## Tri-Town Parkinson's Disease Support Group

Friday

November 20

December 18

10 am

**FREE**

For additional information, contact Anna Turner, MSW, Elderly Outreach Social Worker at 860-870-3131 or atturner@ellington-ct.gov.

## HEALTH & WELLNESS SEMINARS

*Please call to register for the following seminars/workshops.*

## Meditation

Instructor: Clare Vidich

November 9

3 pm

**FREE**

*Pre-Registration Requested*

Studies have shown the many health benefits of meditation, including lowering high blood pressure and lessening depression and anxiety. Clare will be instructing these classes once a month to teach the basics of how we can calm ourselves, clear our busy minds and simply relax.



## AARP Smart Driver Class

Thursday, November 12

9 am-1 pm

AARP Members: \$15

Non-AARP Members: \$20

**Pre-registration is required.**

*Cash or check made payable to AARP, due at class.*



## Alzheimer's Caregiver Support Group

1st Thursday of the month

2 pm-3:30 pm

*Facilitated by: Sandie Pino, LCSW*

If you are caring for someone with Alzheimer's Disease or a related dementia, you have unique concerns and issues. Join this group facilitated by a social worker to find the support, resources and care that you need by people who truly understand what you are going through.



## Yoga

Instructor: Christine Olmstead

Wednesdays 2:30 pm-3:30 pm

Due to New England winter weather, all classes November through February will be paid on a per class basis at the discounted session rate. Regular session rates will resume in March.



# Fitness, Health & Wellness Programs 9

## OUTREACH AND TRIAD SENIOR SAFETY NEWS



### WINTER HEATING ASSISTANCE APPLICATIONS

The Town of Ellington Human Services Dept is now taking applications for the Access Energy Assistance program to help defray the cost of winter heating.

There are income & asset guidelines for this program. Please call 860-870-3128 to set up an appointment, learn the income & asset limits, and be prepared to bring in all required documents for this application.

Senior residents call 860-870-3131 to set up an office or home visit appointment to do your application.

The Ellington TRIAD Senior Safety program is part of a nationwide safety program working to increase older adult safety & allay their fears of crime. Our TRIAD committee is comprised of older adults, law enforcement officers, and the Town of Ellington Human Services employees working together to inform the public on issues related to senior safety. To join our committee, or if you have safety questions, please contact Anna L. Turner, MSW/Elderly Outreach Social Worker at 860-870-3131 or email at [aturner@ellington-ct.gov](mailto:aturner@ellington-ct.gov).



### TRIAD SENIOR SAFETY MONTHLY TIP

#### Medicare Open Enrollment Oct 15 to Dec 7

This is the time of year when your mailbox swells with letters and brochures from a multitude of insurance companies!

During the open enrollment period you can sign up for, or change to a different Medicare Part D plan or a Medicare Advantage plan (HMO) for 2016.

Agents are not allowed to “cold call” you or show up at your doorstep to try and sell you a plan. Social Security does not call you about your Medicare supplemental plans and does not come to your home—so be wary of someone who calls you and starts talking about Social Security & insurance.

If you have any questions please call Town of Ellington Human Services/Anna L. Turner, MSW at 860-870-3131.



#### Everbridge Notification System Sign-Up

The Town of Ellington Emergency Management utilizes this system to alert residents of emergency situations and important notices.

Registration to be included in this program is free and easy. Instruction packets on how to sign up for this program are available at the front desk of the Senior Center. Our student intern, Carol Nelson, is also available on Mondays and Thursdays to assist you with helping to sign up for this program.

Please call the Senior Center to schedule a time to meet with her, if you are interested. Appointments are approximately 15-20 minutes long.



# 10

**ELLINGTON SENIOR CENTER**  
**40 MAPLE STREET**  
**ELLINGTON, CT**

-----

### **DONATION**

**Weekly Lunch: \$3.50**

**Served at Noon**

**Special Events \$ TBD**

See details inside for special event  
information as times and cost may vary.

### **MAPLE STREET KITCHEN LUNCH RESERVATIONS**

To reserve your meal:  
**call 860-870-3133** by noon  
the day before.

### **SPECIAL EVENT RESERVATIONS:**

Tickets must be purchased in advance,  
or sign up is required, by date listed.

### **FOOD SERVICES TEAM**

Erin R. Graziani, Director, QFO

Samantha Baer, Assistant Director, QFO

Ferris Bromley, Designated Alternate QFO

Maureen Webber, Designated Alternate QFO

Dottie Curtiss, Designated Alternate QFO

JoAnn Bromley

Terry Caron

Amy Flaherty

Jerry Grotton

Cheryl Kenton

Jackie Reno

Donald Rudalewicz

Angie Sandberg

Freddie Stomberg

Sue Trotter

Morris Webber

Barbara Wolfson

**Funded in part by a grant received  
by North Central Area on Aging and  
the Older American's Act**

## **MAPLE STREET KITCHEN NOVEMBER 2015**

<b>DATE</b>	<b>NOVEMBER MENU</b>	<b>COST</b>
<b>Wednesday November 4</b>	<b>Beef Stew, Dinner Roll, Dessert, Beverage</b>	<b>\$3.50</b>
<b>Thursday November 5</b>	<b>Grilled Ham &amp; Cheese, Soup, Dessert, Beverage</b>	<b>\$3.50</b>
<b>Wednesday November 11</b>	<b>NO LUNCH - CLOSED FOR VETERAN'S DAY</b>	
<b>Thursday November 12</b>	<b>American Chop Suey, Veggie, Dessert, Beverage</b>	<b>\$3.50</b>
<b>Wednesday November 18</b>	<b>Stuffed Peppers, Veggie Soup, Dessert, Beverage</b>	<b>\$3.50</b>
<b>Thursday November 19</b>	<b>*** THANKSGIVING DINNER *** Turkey, Mashed Potatoes, Stuffing, Squash, Pie, Beverage</b>	<b>*** \$12.00 ***</b>
<b>Wednesday November 25</b>	<b>NO LUNCH – CLOSED AT NOON</b>	
<b>Thursday November 26</b>	<b>NO LUNCH – CLOSED FOR THANKSGIVING HOLIDAY</b>	

**RESERVATIONS: TO RESERVE YOUR MEAL, CALL 860-870-3133 BY NOON THE DAY BEFORE.**

**ALL MEALS ARE MADE ON THE PREMISE AND SERVED  
BY VOLUNTEERS TRAINED IN FOOD SERVICE. THANK YOU, VOLUNTEERS!!!**

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**



# Maple Street Kitchen Menu & Information

# 11

## MAPLE STREET KITCHEN DECEMBER 2015

DATE	DECEMBER MENU	COST
Wednesday December 2	<b>Special Event: Holiday Party Luncheon</b> *** Served at 12:30 pm *** with Special Guest Entertainment: "Airborne"  Pot Roast & Gravy, Oven Roasted Potatoes, Carrots & Pearl Onions, Dessert, Beverage	<b>\$15.00</b>
Thursday December 3	Baked Ziti, Salad, Garlic Bread, Dessert, Beverage	<b>\$3.50</b>
Wednesday December 9	Chili, Veggies, Corn Bread, Dessert, Beverage	<b>\$3.50</b>
Thursday December 10	Shepherd's Pie, Soup, Dessert, Beverage	<b>\$3.50</b>
Wednesday December 16	Stuffed Peppers, Soup, Dessert, Beverage	<b>\$3.50</b>
Thursday December 17	Tuna Noodle Casserole, Veggies, Dessert, Beverage	<b>\$3.50</b>

**PLEASE NOTE: NOTE: MAPLE STREET KITCHEN WILL BE CLOSED ON THE FOLLOWING DAYS:  
12/23, 12/24, 12/30, 12/31**

**ALSO, THE SENIOR CENTER FOLLOWS THE SAME SCHEDULE AS TOWN SCHOOL SYSTEM  
DURING THE WINTER SEASON.**

**ELLINGTON SENIOR CENTER  
40 MAPLE STREET  
ELLINGTON, CT**

### **DONATION**

**Weekly Lunch: \$3.50**

**Served at Noon**

**Special Events \$ TBD**

See details inside for special event  
information as times and cost may vary.

### **MAPLE STREET KITCHEN LUNCH RESERVATIONS**

To reserve your meal:

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### **SPECIAL EVENT RESERVATIONS:**

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Freddie Stomberg

Sue Trotter

Morris Webber

Barbara Wolfson

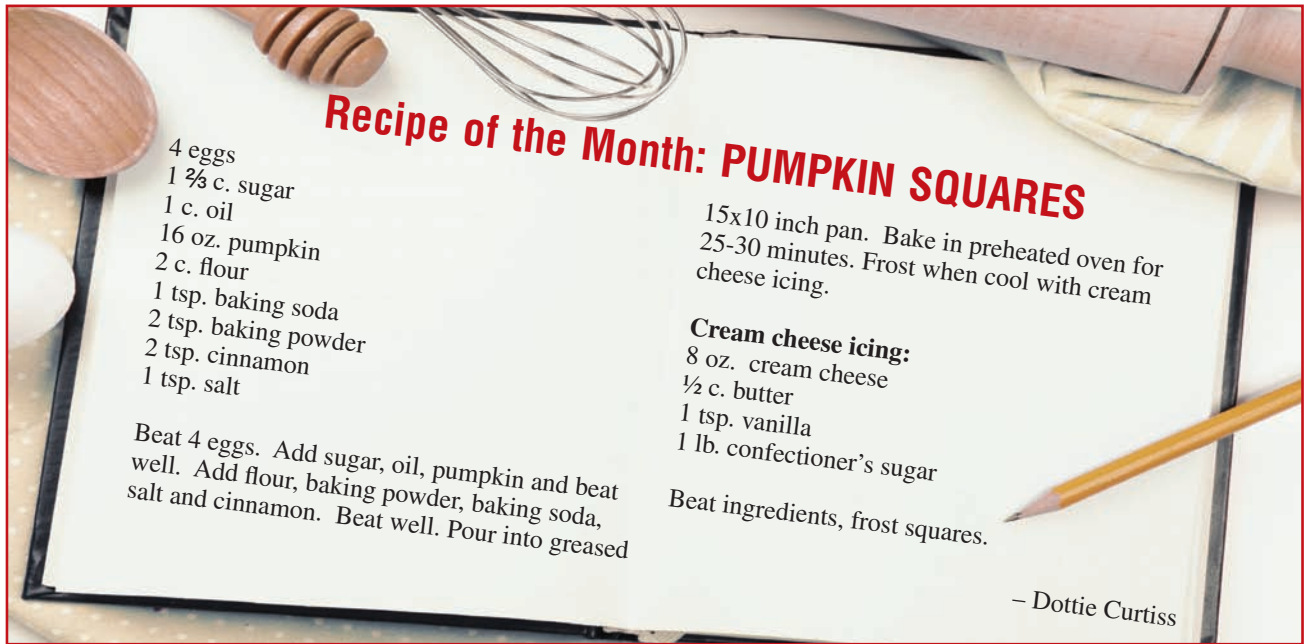
**Funded in part by a grant received  
by North Central Area on Aging and  
the Older American's Act**



# 12 Special Events

NOVEMBER SPECIAL EVENTS		
DATE	TIME	EVENT
7	9 am-2 pm	HOLIDAY BAZAAR
9	3-4:30 pm	Musical Insights – Veteran’s Program
11		Closed for Veterans Day
12	9 am-1 pm	AARP Smart Driver Class
13	10 am	Movie: “World’s Greatest Dad”
19	12:30 pm	Thanksgiving Dinner & Entertainment with Veronica
20	10 am	Movie: “The Last Mimzy”
23	3-4:30 pm	Musical Insights
25		Closed at 12 pm
26-27		Closed

DECEMBER SPECIAL EVENTS		
DATE	TIME	EVENT
2	12:30 pm	Holiday Party with Entertainment: “Airborne”
10	TBA	Aqua Turf – Glenn Miller
14	3-4:30 pm	Musical Insights Holiday Program: Wassail
18	10 am	Movie “Frozen”
24		Closed at noon
25		Closed for Christmas



## Recipe of the Month: PUMPKIN SQUARES

4 eggs  
1 ½ c. sugar  
1 c. oil  
16 oz. pumpkin  
2 c. flour  
1 tsp. baking soda  
2 tsp. baking powder  
2 tsp. cinnamon  
1 tsp. salt

Beat 4 eggs. Add sugar, oil, pumpkin and beat well. Add flour, baking powder, baking soda, salt and cinnamon. Beat well. Pour into greased

15x10 inch pan. Bake in preheated oven for 25-30 minutes. Frost when cool with cream cheese icing.

**Cream cheese icing:**  
8 oz. cream cheese  
½ c. butter  
1 tsp. vanilla  
1 lb. confectioner’s sugar

Beat ingredients, frost squares.

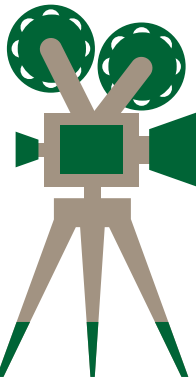

– Dottie Curtiss

## MOVIE TIME!

**Note: Movie Times and Days Have Changed. Please See Schedule.**


**“World’s Greatest Dad”**  
**Friday, November 13, 10 am**

“World’s Greatest Dad” – A man dreams of being a rich and famous writer but has only managed to make it as an unpopular high school poetry teacher. In a freak accident, he suffers the worst tragedy and the greatest opportunity of his life. He is suddenly faced with the possibility he ever dreamed of, if he can only live with the knowledge of how he got there starring Robin Williams, Daryl Sabara and Alexie Gilmore.



**“The Last Mimzy”**  
**Friday, November 20, 10 am**

When Noah and Emma discover a special box on the beach, they open it and unlock an exciting adventure beyond imagination. Inside they find Mimzy, a magical stuffed rabbit along with other mystical toys which give children exceptional powers of their own. Able to move objects with their minds and solve complex equations, they begin to attract the attention of their parents, teachers and even the FBI starring Chris O’Neill and Timothy Hutton. The phenomenon of Mimzy is an awesome secret that holds the key to saving the future of all mankind.



**“Frozen”**  
**Friday, December 18, 10 am**

When their kingdom becomes trapped in perpetual winter, fearless Anna (Kristen Bell) joins forces with mountaineer Kristoff (Jonathan Groff) and his reindeer sidekick to find Anna’s sister, Snow Queen Elsa (Idina Menzel), and break her icy spell. Although their epic journey leads them to encounters with mystical trolls, a comedic snowman (Josh Gad), harsh conditions, and magic at every turn, Anna and Kristoff bravely push onward in a race to save their kingdom from winter’s cold grip.



# Special Events 13



## HEALTH FAIR QUESTIONNAIRE

Please take a few minutes to answer these few questions about the FAIR.

What did you like the most?

What did you find the most helpful?

What would you like to see added or changed next time?

Would you invite a friend/relative to come next year?

**Congratulations to the Door Prize Winners  
at the Health & Wellness Fair  
and Thank You to Our Donors!**

Door Prize	Donor	Winner
\$25 Gift Card to Stop & Shop	Stop & Shop, Vernon	Wally Sutton
Red Pumpkin Mum	Stop & Shop, Vernon	Lori Thomas
Yellow Pumpkin Mum	Stop & Shop, Vernon	Uma Sharma
3 Month Gym Membership	Anytime Fitness	Chris Cacio
Gift Certificate & Basket	The Sole Connection	Florence Brennan
Red Mum	VN& HS of CT, Inc.	Valerie Amsel
Orange Mum	VN& HS of CT, Inc.	Barbara Luetjen

\$25 Big Y Gift Card	Health New England	Jane Vrba
\$25 Big Y Gift Card	Health New England	Amelia Kurpat
George Foreman Grill	UCONN Ctr. Public Health...	Carol Carlson
Emmy Lou Gift Basket	Herbert T. Clark House	Dan Sclaro
Mum Basket	A Caring Hand	Lenny Caruso
3 Month Family Membership	Indian Valley Family YMCA	Jasbir Jutla
Purple Basket of Goodies	Care For Me At Home	Paulette Landry
Water Bottle	Care For Me At Home	Cindy Joslin

## Thanksgiving Dinner

Thursday, November 19

12:30 pm – Dinner, 1 pm – Entertainment

Tickets: \$12 per person, in advance by November 12

A traditional New England Thanksgiving Dinner: Turkey, Mashed Potatoes, Stuffing, Squash, Pie and Beverage, followed by entertainment. Ellen Iovino, vocals, and Veronica Craig, guitar, perform popular, folk and country music from the 30's through the 70's for sing-a-long and your listening pleasure.



## Holiday Party & Luncheon

Wednesday, December 2

12:30 pm

\$15.00 per person



Please join us for our Holiday Party Luncheon with Special Guest Entertainment, "Airborne". The menu consists of: Pot Roast & Gravy, Oven Roasted Potatoes, Carrots & Pearl Onions, Dessert and Beverage. Dinner will be served at 12:30 pm, followed by entertainment at 1 pm. Reservations must be made and paid in advance by Nov. 24th.



# 14 Trips

## ELLINGTON SENIOR CENTER TRIPS 2015 - 2016

### DAY TRIP POLICY:

Payment is due in full upon sign up for all day trips, generally 1-2 months prior to trip. Typically, 20 participants are required for the trip to go. If minimums are not met, the trip will be cancelled and payment will be refunded. All day trips are non-refundable unless you find a substitute or have purchased insurance (and will be reimbursed according to policy guidelines).

### OVERNIGHT TRIP POLICY:

Deposit is due upon sign up. Insurance for overnight trips is only available at sign up. If minimums are not met, the trip will be cancelled and payment will be refunded. All trips are non-refundable unless you find a substitute or have purchased insurance (and will be reimbursed according to policy guidelines).

*Full details on all programs and upcoming trips can be found in our Information Center at the Ellington Senior Center, located at 40 Maple Street, Ellington, CT; online at <http://seniorcenter.ellington-ct.gov>; or by calling 860-870-3133.*

### ACCEPTABLE FORMS OF PAYMENT FOR ALL TRIPS:

Cash or check, made payable to: SCAF (Senior Center Activity Fund); Credit cards accepted for cruises.

## DAY TRIPS



### Glenn Miller Orchestra – Aqua Turf, Plantsville, CT

Thursday, December 10, 2015

Sign up deadline, (unless sold out sooner):  
November 10

Cost: \$91 pp

This world famous orchestra is the most popular and sought after swing band in the world. Let's listen & dance to "String of Pearls", "Moonlight Serenade", "Chattanooga Choo Choo". A fun & lively holiday show.

*Family Style Menu featuring garden salad, pasta, chicken parmesan or broiled scrod vegetable, potato, rolls, dessert, beverage.*

## CRUISES

*All cruises listed are with Friendship Tours. Please call Donna or Barbara at the Ship Shop at 860-243-1630 Monday-Friday 9 am-4 pm. They will address any questions regarding availability, room selection, fees, special requests, etc. Be sure to tell them you are with the Ellington Senior Center!*



### Sail to the Sunny Caribbean aboard the Norwegian Gem!

Trip Dates: Feb 1-11, 2016

Cost: Starting at \$1326 pp, twin, inside cabin; taxes included.

New York, San Juan, St. Thomas, St. Maarten, Tortola. 11 days, 10 nights, transportation to pier included.



### Escorted Pacific Coast Cruise: Sail San Diego to Vancouver with Celebrity Cruises

May 11-22, 2016

Cost: Starting at \$2902, including Air, Taxes, Tour Director, Ship Shop Cocktail Party and Events.

San Diego; Santa Barbara, CA; Monterey, CA; San Francisco, CA; Astoria, OR; Seattle, WA; Nanaimo, BC; Victoria, BC; Vancouver, BC.

NEW



### Viking River Cruise, Rhine Getaway

Oct 7-15, 2016

Cost: Starting at \$4299 pp twin, including Air, Taxes, Shore Tours & Wine with Lunch & Dinner

Amsterdam, Kinderdijk, Cologne, Koblenz, Rhine River, Rudesheim, Heidelberg, Speyer, Strasbourg, Breisach, Basel. 9 days, 7 nights, transportation to airport included.



### Caribbean Cruise aboard Cunard's Flagship Queen Mary 2

November 26-December 8, 2016

Cost: Starting at \$2391, including transportation to New York

St. Thomas, St. Kitts, Dominica, St. Maarten, Tortola; State of the art ship features include: 3-D Cinema and Planetarium and Canyon Ranch Spa at Sea.

NEW

## 2016 CRUISE INFORMATION SEMINAR

Wednesday, January 13, 2016  
1 pm

(In case of inclement weather, "Snow Date" is  
January 20 at 1 pm)

Presented by: *Friendship Tours and the Ship Shop*  
Sign Up Requested

Come learn about all of the cruises we will be offering in 2016.  
This is your chance to see pictures and ask questions from the experts!

Quality health plans & benefits  
Healthier living  
Financial well-being  
Intelligent solutions

**aetna**<sup>®</sup>

“I’m new to Medicare  
and didn’t know where  
to start. Meeting with  
Aetna really helped.”



If you or a loved one need help understanding your Medicare coverage options, call us to make a personal appointment.

We will personally help guide you through the benefits available under Medicare Parts A, B, C and D. You’ll also learn about Medicare plan options offered by Aetna, and, when you become Medicare eligible, we can help you enroll.

**Let’s talk Medicare.**

**John Silliman Jr.**

Your local Aetna Medicare  
representative

**1-860-881-2222**

**(TTY: 711)**

**8 a.m. to 8 p.m., 7 days a week**  
**<http://www.aetnamedicare.com>**

Aetna Medicare is an HMO/PPO/PDP plan with a Medicare contract. Enrollment in Aetna Medicare depends on contract renewal. Plans are offered by Aetna Health Inc., Aetna Health of California Inc., and/or Aetna Life Insurance Company (Aetna). Plan features and availability may vary by location.



# You've worked hard to save... We'll help with what's next!

- Strategies designed to help grow and protect your money.
- Take control of multiple accounts, especially rollovers.
- Plan ahead for your income needs and future distributions.
- Understand your Social Security and Medicare Options.
- Review CT Partnership for long Term Care approved policies and also Senior Life Insurance policies which may be utilized to help you successfully navigate through your retirement years.

**Reliable Financial Security Strategies for Both Pre & Post-Retirees. Progressive and Well-Diversified Long-Term Retirement Solutions that Balance Upside Potential with Downside Protection.**



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Opinion on your  
current retirement  
program**

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### TRANSPORTATION



#### ELLINGTON MEDICAL APPOINTMENTS TRANSPORTATION SERVICES (EMATS)

Transportation for Non-Emergency Medical Appointments

#### HISTORY:

Transportation services began in 2001 for social programs. In 2003, transportation services expanded to provide rides to residents for medical appointments under our EMATS (Ellington Medical Appointment Transportation Services) program. EMATS is partially funded by a grant received by North Central Area Agency on Aging (NCAAA).

*"Funded in part, by the Older American's Act."*

#### HOURS, SCHEDULING & FEES:

**Transportation Line: 860-870-3137**

**Office Hours: 9 am - 12 pm**

Transportation Services are offered five days a week for social activities and medical appointments. If you are a newcomer, please request your "Transportation Packet" that provides you with the program's rules and regulations by calling the transportation line between the hours of 9 am to 12 pm. Our Transportation Secretaries Florence Brennan and Jasbir Jutla will gladly assist you with your transportation requests. Normal hours for medical transportation are offered Monday - Friday between the hours of 9 am - 1:30 pm.

**The Annual Suggested Donation for Transportation is \$30.00.**

**A \$3.00 donation fee per round trip is suggested and appreciated**

**Checks Made Payable to:  
Ellington Senior Center Transportation**

*\*For appointments not in the local area, the last appointment time is 1:30 pm.*

#### MEDICAL APPOINTMENTS

Medical transportation appointments can be made by calling the transportation line a minimum of at least two (2) weeks in advance. There is a first-come, first-served policy. We provide a limit of five (5) appointments per day. One hour is allowed for standard medical appointments. A donation fee of \$3.00 is appreciated for standard medical appointments.

**IMPORTANT: Our transportation department must confirm and issue you a pick up time. You will be called between the hours of 9:00 am - 10:00 am the morning before your appointment. If your appointment can not be confirmed, your ride will be cancelled, NO EXCEPTIONS.**

#### SHOPPING

**Big Y, Ellington: Every Wednesday  
Stop & Shop, Rockville: Every Friday**

*A limit of one (1) hour 15 minutes is allotted.*

#### IMPORTANT POLICY REMINDERS:

Below is a highlight of some of our Policies & Procedures. A complete copy of our Policies & Procedures can be obtained by calling the transportation line during business hours.

- All transportation requests must be reserved at least two weeks in advance.

- An Annual Registration Form must be completed (yearly) for updated information.
- Transportation services are for non-emergency medical appointments
- We provide curb to curb service. All clients must be able to access and exit the vehicle at the street. Special assistance is not provided. If special assistance is needed, a companion or aide is required to accompany you, at no additional charge.
- Riders must be ready 15 minutes prior to pick up time. Driveways and sidewalks must be kept clear of all obstacles and cleared of snow and ice, for your safety as well as our driver's safety.
- Riders must be mindful of the fact that pick up times can be delayed up to 15 minutes, depending on traffic, weather, etc. We will do our absolute best to make your appointment time.

*Please stay tuned to local television channels 3, 8, and 30 for up to date notices or weather delays. Transportation services follow the town calendar for holiday closings; please obtain the Senior Center's monthly newsletter, the "Maple Street Monthly" for more information*